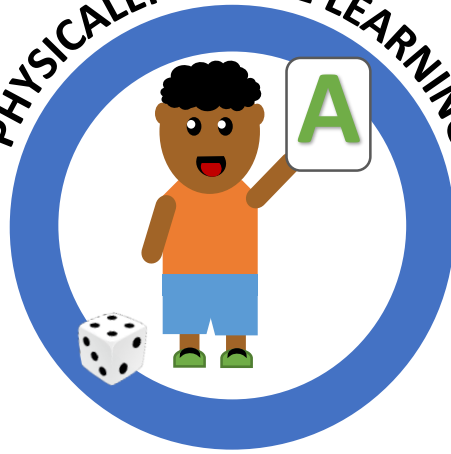
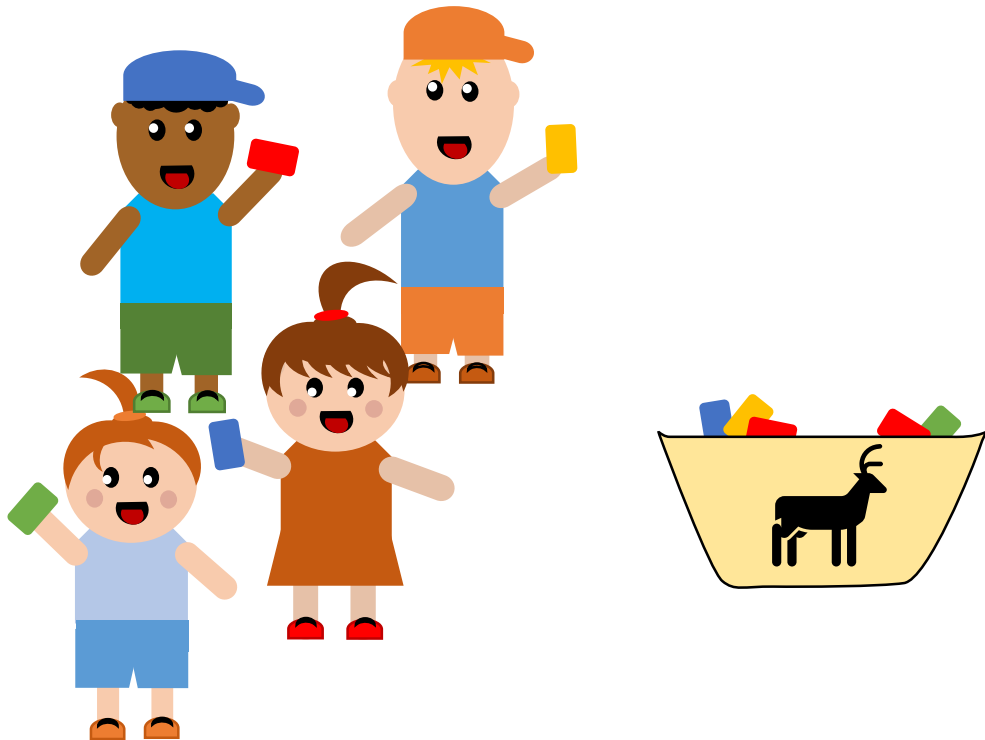


PHYSICALLY ACTIVE LEARNING



REINDEER LASSO THROW



REINDEER LASSO THROW

Objective

This activity can be linked to work on Sami culture. In addition, the children learn to throw.

Equipment

Bean bags/hula hoops or balls

Tub

Instructions

1. Each child is given a few bean bags to throw in, for example, a tub.

Tips

- You can vary the distance to adjust the difficulty level. You can also use a movable goal, i.e. the adult holds the tub in their hands and moves as the children throw. Here the adult control how difficult it will be by adjusting the speed. It would be good if the adult passionately gets in the role of a reindeer.

Variation

- Another variant could be to throw hula hoops around cones. This is done by placing many cones around the floor/area. The children then try to throw the hula hoops over the cones.
- You could also tie a skipping rope (perhaps more than one for a longer rope) to the hula hoops and throw a lasso at balls lying on the floor/grass. If the children manage to get a hula hoop over a ball, they can pull the ball towards themselves by pulling the rope.